



STATE OF IDAHO

DEPARTMENT OF  
ENVIRONMENTAL QUALITY

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Dirk Kempthorne, Governor  
C. Stephen Allred, Director

## ACTIONS TO TAKE WHEN SMOKE IS:

- **Good** (can see 10 miles or more\*) - *No cautionary statements.*
- **Moderate** (can see 5 to 10 miles\*) - *Unusually sensitive people should consider reducing prolonged or heavy exertion.*
- **Unhealthy for Sensitive Groups** (can see 3-5 miles) - *People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.*
- **Unhealthy** (can see 1½ -3 miles\*) - *People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.*
- **Very Unhealthy** (can see 1-1½ mile\*) - *People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.*
- **Hazardous** (can see 1 mile or less\*) - *Everyone should avoid all physical activity outdoors; people with heart or lung disease, older adults, and children should remain indoors and keep activity levels low.*

\* Face away from the sun and look for targets at known distances. Visible range is that point at which even high contrast objects totally disappear.

## PROTECTING YOURSELF:

- ✓ Use air conditioning in cars and homes (close fresh air intake)
- ✓ Keep windows and doors closed if not too hot outdoors
- ✓ Reduce indoor activities that generate dust (cooking, vacuuming, etc.)
- ✓ Use an indoor humidifier for breathing relief
- ✓ Follow your asthma management plan
- ✓ SEEK MEDICAL TREATMENT if you experience uncontrolled coughing, wheezing, or choking, or if breathing difficulty does not subside indoors

## CONTACT INFORMATION

- Local Department of Environmental Quality Regional Office
- Local District Health Office
- Contact the County Emergency Coordinator through your local county office or law enforcement for help obtaining indoor fans or air purifiers.